



Annual Awards Presentation

22nd November 2024



THE GOOD TRAVEL CO.

YOUR LOCAL TRAVEL EXPERTS

HOLIDAY WITH US



AWARD WINNING FAMILY BUSINESS
WWW.GOODTRAVELCOMPANY.CO.UK
42 NEWMARKET ST, AYR





Welcome from our Board

The Board welcomes you all to the annual Ayr Seaforth Athletic Club Awards Presentation at the Fairfield House Hotel. It is that time of year when we reflect upon and recognise the hard work of our athletes and volunteers over the past twelve months.

2024 has been a year of reorganising and rebuilding, particularly in respect of track and field training. Demand for training spaces significantly increased this past year. This was to be expected as we settled into a brand-new training facility and with it being an Olympic year. The challenge was always going to be increasing our volunteer coaching capacity to cope with this increased demand. Thankfully, we rose to that challenge as Ruth spearheaded a much-needed re-shuffle of our training groups and worked hard to recruit new helpers. Thank you to everyone who has stepped up to make the new changes work and to support the club by helping at training sessions! We also need to take pride in the hard work that has gone in to improving coaching standards and getting helpers through their level 1 coaching qualification, which has resulted in athletes being retained for longer.

We are already reaping the rewards of these improved standards as demonstrated by many great performances on the competition circuit. We have risen rapidly through the ranks of the Central and South of Scotland League, finishing 2nd overall this year after three meetings. Only two years ago we were in Division 2, fighting for the top spot and



a promotion to Division 1. At the West District Championships, nine athletes brought home twelve medals which was more than double compared to the previous year. The future looks bright for track and field at Ayr Seaforth over the coming years!

An exciting project that launched this year was the Developing Potential Programme which is led by Active South Ayrshire. Four of our athletes are well into the pilot program, receiving free weekly strength and conditioning sessions and learning about subjects such as nutrition, physical maturation and goal setting. This is a great opportunity for the club to nurture talent locally to a higher level than previously possible. It also gives us access to free learning opportunities to further upskill our coaches.

Looking forward to next year, we will be creating a new plan that meets the short and long-term aims of the club. To be able to move to our next phase of growth, we will need support from members in a variety of ways. As our athlete and volunteer numbers increase, so does the need for great leadership, good administration and behind the scenes organising.

Congratulations to all this year's award winners and thank you to everyone who has supported the club over the last year.

The Board of Trustees
Ayr Seaforth AC



GORAL

CONTRACTS

BUILDERS | JOINERS | GROUNDWORKS | PLANT HIRE

Specialists in commercial and residential extensions, garden rooms, garage conversions, garden design, drainage, foundations, slabbing and utilities.

Find us on Facebook or call 07450 84 55 68.

Congratulations to all award winners.

Presentation of Awards

Club Track & Field Championships Champions & Runners Up

U11 Boys

Winner Caelan Fulton
Runner-up Lewis Watson

U13 Boys

Winner Findlay Ledger
Runner-up Rory Reynolds

U15 Boys

Winner Ricco Begnor
Runner-up Kieran Murphy

U17 Men

Winner Matthew Cox
Runner-up Luca Stewart

Senior Men

Winner Andrew McElwee
Runner-up Sean Aitken

U11 Girls

Winner Dalidh Logg
Runner-up Matilda Jackson

U13 Girls

Winner Isla Milligan
Runner-up Piper Jackson

U15 Girls

Winner Anna Campbell
Runner-up Laurie McAlpine

U17 Women

Winner Lemoni Allan-McLaughlin
Runner-up Emma Ablett

U20/Senior Women

Winner Anna Kirk
Runner-up Megan Sloan



Joinery + Construction

Red Construction specialise in domestic and commercial joinery and building across Scotland.

Property Renovation

If you are looking to renovate your domestic or commercial space, Red Construction can help!

Property Maintenance

Do you need a fast, reliable company to maintain your property, call Red Construction now.

RED

Congratulations to all award winners.

Club Cross Country Championships 2023/24

U11 Boys

Winner Lewis Watson
Runner-up Caelan Fulton

U13 Boys

Winner Lewis Relly

U15 Boys

Winner Lucan Marshall-Watt
Runner-up Finn Love

U17 Men

Winner Alasdair Maclean
Runner-up Fraser McIntyre

U20 Men

Winner Calum Hannah

Senior Men

Winner Kenny Neill
Runner-up Alasdair Meldrum

U11 Girls

Winner Abigail Good
Runner-up Emily Good

U13 Girls

Winner Willow Challis
Runner-up Isla Milligan

U15 Girls

Winner Laurie McAlpine
Runner-up Anna Campbell

Senior Women

Winner Lucy Cameron
Joint Runner-up Anna Blake
Joint Runner-up Kirstin Oakley

Senior Road Running Championships 2024

Senior Men

Winner William Ewens
Runner-up Ciaran McBride

Senior Women

Winner Laura Wallace
Runner-up Lucy Cameron

U17/20 Road Running Championships 2024

Senior Men

Winner Sam McCrorie
Runner-up Leo Brockie

Senior Women

Winner Emma Steele

Club Awards

For placing at a National Competition

Isla Milligan

Scottish National

Championships U13

1st 70m Hurdles — 11.92m

Scottish National Combined

Events Championships U13

3rd Pentathlon — 39.26s

Scottish National Indoor

Championships U13

3rd 60m Hurdles — 10.56s

Ruth Kirk

Scottish National Masters

Championships

1st (M50) High Jump — 1.25m

Scottish National Masters

Championships

1st (M50) Triple Jump — 8.17m

Scottish National Masters

Championships

2nd (M50) 100m — 14.90s

Scottish National Masters

Championships

2nd (M50) Javelin — 18.33m

Scottish National Masters

Championships

2nd (M50) Long Jump — 4.04m

Piper Jackson

Scottish National

Championships U13

3rd Shot Put — 7.46m

Andrew McElwee

Scottish National Masters

Championships

1st (M35) Long Jump — 4.56m

Scottish National Masters

Championships

1st (M35) High Jump — 1.40m

Craig Challis

Scottish National Indoor Masters

Championships

3rd (M40) Shot Put — 9.10m

Scottish National Indoor Masters

Championships

2nd (M40) Long Jump — 3.61m

Tony Tanagho

Scottish National Championships

U17

2nd 100m RR (T72) — 20.09s

Rory Cumming

National Track Relay
Championships U15

2nd 4x100m — 48.40s

Kieran Murphy

National Track Relay
Championships U15

2nd 4x100m — 48.40s

Callan Blackwood

National Track Relay
Championships U15

2nd 4x100m — 48.40s

Kirsty Donovan

Scottish National Masters
Championships

1st (M40) Discus Throw — 25.06m

Bobby Stevenson

Scottish National Masters
Championships

1st (M70) Long Jump — 4.30m

Scottish National Masters
Championships

1st Triple Jump — 9.13m

Club Special Awards

The Glen Harrower Memorial Trophy for Male Club Athlete of the Year —

William Ewens

Presented in recognition of William's outstanding year in road running, the pinnacle of which was completing the London Marathon in a time of 2 hours 28 minutes and 47 seconds to earn a finish place of 138th overall. This was a new senior men's club record! William also beat the senior men's 10K road running record with a time of 32:28s. He has also had a phenomenal year representing the UK Armed Forces and Scotland as a top ranking Masters (V35) athlete and won both the Marymass 10K and Around Cumbrae 10-mile road race.



Male Club Athlete of the Year Runner Up —

Bobby Stevenson

Presented in recognition of Bobby's inspirational achievements as a masters (M70) athlete. Bobby was once again Scottish and British Masters Champion for his age category in the Long Jump and Triple Jump.



The Maureen Harrower
Memorial Trophy for Female
Club Athlete of the Year —
Isla Milligan

Presented in recognition of Isla's achievements at national competition level over the last year which included Gold in the 70m Hurdles and Bronze in the Pentathlon. Isla's successes are a direct result of her consistent hard work at training and a determination to improve in all areas of her athletics.



Female Club Athlete of the
Year Runner Up —
Piper Jackson

Presented in recognition of Piper's outstanding Throws performances over the past year culminating in a Bronze medal in the Shot Put at the national age group championships. Piper is one of the hardest working athletes at the club who sets herself goals throughout the year and puts in the extra training to ensure she achieves those goals.



Club Special Awards

Ernest Thursby Trophy for Excellence in Field Events —

Piper Jackson

See page 13

Andy Smith Cup for Special Contribution to Ayr Seaforth —

Bill Simpson

Presented in recognition of Bill's unrivalled contribution, not only to Ayr Seaforth, but to the athletics and running community in Ayrshire over the last 40 years. Bill has been directly involved with Ayr Seaforth for around 12 years now, playing an important role in steering the Craigie (Riverside) project forward. As President of the Ayrshire Harriers, Bill has provided an important competition platform and communication forum for athletics clubs in Ayrshire, without which Ayr Seaforth would be unable to thrive in the way that it has.

George Spankie Trophy for Excellence in Track Events —

Under 15 Boys 4x100m

Presented to the under 15 boys quartet of Kieran Murphy, Callan Blackwood, Ricco Begnor and Rory Cumming, who claimed Silver at the national track relays, just missing out on the gold by 3 hundredths of a second.

Trophy for Commitment to Race Running —

Tony Tanagho

Anthony has had a fantastic year, achieving personal best performances in 100m, 200m and 400m. He finished 1st at the Scottish Athletics Parallel Success Championships in the 200m and 400m and 2nd at the Scottish Athletics Championships in the 100m. His determination to work as hard as he can in training has seen him continually improve. Well done Anthony!

Trophy for Volunteer of the Year Age U25 —

Anna Kirk

Presented in recognition of Anna's coaching with the Run, Jump, Throw group on Mondays and Wednesdays. Anna has completed her Level 1 coaching qualification and is a real inspiration for young athletes.

Trophy for Excellence in Road Racing/Ultra Distance/Hill Running —

Sasha Ratcliffe

The Senior Road Runners voted for Sasha to receive this trophy after an excellent year in ultra running. Sasha finished the 53-mile Highland Fling Ultra in 12 hours 23 minutes and 6 seconds. She also had an outstanding run at the River Ayr Way Ultra (40 miles), finishing first female in a time of 7 hours 16 minutes and 13 seconds.

Bill Beattie Trophy for Volunteer
of the Year Over 25 —

Russell Milligan

Presented in recognition of Russell's outstanding jumps coaching with the Development Group, and the assistance he provides at other training sessions and at competitions. Russell always steps up when help is needed and is very good at balancing fun with challenging and creative activities.

Kenneth Campbell Trophy for
Male Coach of the Year —

Craig Challis

Presented in recognition of Craig's tireless efforts as a throws coach, and the multiple successes of his athletes over the past year. Craig has built a successful throws training group in a very short amount of time and has massively raised standards in an area that had been neglected for some time. Craig has coached a number of athletes to podium place finishes at district and national level this past year.

Female Coach of the Year —

Ruth Kirk

Presented in recognition of Ruth's high coaching standards which have resulted in a broad range of successes for her athletes, not just as sprinters but also as multi-eventers. Ruth is a great role model for what can be achieved through planning, good organising, and consistent hard work.

Ricky Taylor Trophy for Official
of the Year —

William Marshall-Watt

Presented in recognition of Will's officiating as a field judge at local, district and national level competitions. Will has recently upgraded to a Level 2 official and he has played an important role in the organisation of local track and field competitions in Ayrshire.



New Ayr Seaforth Club Records



Findlay Ledger

U13 Boys Club Record

75m Hurdles — 13.46s

150m — 21.40s



Matilda Jackson

U11 Girls Club Record

Shot Put — 6.77m

Javelin Throw — 17.69m

Discus Throw (0.75kg) — 14.72m



William Ewens

Senior Men Club Record

Marathon — 2hrs 28 mins 47 sec





G.M CHILDMINDING

**FULLY REGISTERED CHILDMINDER
MAYBOLE AND SURROUNDING AREA**

**DELIVERING HIGH-QUALITY DAY TO
DAY CHILDCARE FOR 0-12 YEAR
OLDS WITHIN A SAFE, POSITIVE
AND HAPPY HOME FROM HOME
ENVIRONMENT. WHILST ENSURING
TO FOLLOW THE FRAMEWORK OF
CURRENT LEGISLATION.**

EMAIL

GEMMAMCDOWALL@YAHOO.CO.UK

CONGRATULATIONS

AYR SEAFORTH AWARD WINNERS

Congratulations
to all of the
award winners.

Avenue

Logos. Print Design. Websites.
iamavenue.com